

The Scenic 7 Highway to Adventure



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The Coquitlam Crunch. City of Coquitlam

Highway 7 (the Lougheed Highway) from Vancouver to Hope is a slower alternative to Highway 1, but a scenic one. An attractive choice for motorcycles, RVs, and cyclists, it passes through rolling foothills and along winding rivers. Pack your favourite adventure gear, for this route along the north side of the Fraser River offers many hiking, biking, boating, and golfing opportunities.

Stop One – Take a Hike in Coquitlam

Are you a fan of the Grouse Grind? Check out the Coquitlam Crunch. This urban hike takes about 1.5 hours, and has an elevation gain of 244 meters. If you want to race, the Coquitlam Crunch on September 10 will determine who can run up the 437 stairs the fastest. For a more gentle exploration of Coquitlam, take a nature walk around Mundy Park or try your hand at geocaching in Maillardville.